

# The Thinking Path

## Current State

### Results

- I am in poor health and have begun to experience head spins
- I often look down and tired and get upset frequently
- My colleagues have complained about my negativity
- My family does not enjoy my presence



### Actions

- I work overtime and often into the night
- I often do not show up for family events and often withdraw when I am at home
- I have a poor diet, do not exercise and drink up to seven cups of coffee a day
- I am snapping at my colleagues



### Feelings

- I feel constantly out of whack with my family and feel guilt and sadness about it
- I feel dizzy and have tightness in my chest
- I am angry about my job and am upset with my lack of discipline



### Thinking

- I believe that time with my family must be sacrificed for the sake of work
- I believe that I must do whatever it takes to reach my goals
- I believe that receiving help from my colleagues is a sign of weakness
- I believe I can damage my health now and regain it later in life

## Desired State

### Results

- I am in good health and receive excellent check-ups
- I look healthy and relaxed
- My colleagues say that they enjoy working with me
- My family says that they enjoy having me at home



### Actions

- I know when to take time off from work to be with my family – I make family events a priority
- I eat well and exercise regularly
- I request support from my colleagues
- I acknowledge and apologize when I have snapped at a colleague



### Feelings

- I feel a sense of work/life balance
- I feel grateful for my family
- I maintain my inner balance in face of the pressure
- I feel comfortable and relaxed at work



### Thinking

- I believe that time with my family is a priority
- I believe that I must do my best to reach my goals
- I believe that I can solicit and accept support from my colleagues
- I believe that health is the key to a good life and it needs to be cultivated